



LEADING THE WAY: Dr. Stephanie Balmer, Head of School, speaks at Opening Convocation in August of 2015. Dr. Balmer played a critical role in facilitating the changes to Harpeth Hall employment practices. Her predecessor, Ms. Ann Teaff, too, made it a priority, laying the groundwork for these changes. Photo by Joanne Mamenta

LGBT Rights for Faculty Non-discrimination policies at Harpeth Hall

BY CLAIRE GOULD
Editor-in-Chief

This January, Head of School Stephanie Balmer presented a reform to the employment non-discrimination policy—one that would also include sexual orientation—to Harpeth Hall's board of trustees, who passed the amendment unanimously.

Although gay marriage was legalized nationally last June, 31 states—Tennessee included—still lack comprehensive non-discriminatory policies. Many LGBT Americans still risk being denied services or being fired on the basis of their sexuality or gender orientation.

There have been steps to rectify this, such as the Employment Non-Discrimination Act. ENDA would guarantee each LGBT-identifying person unequivocal and explicit protection from workplace

discrimination. ENDA passed through the senate in 2014, but has not been signed into law.

However, Harpeth Hall has taken more immediate action to remediate such a permissive climate for

which is such important work -- and ongoing. The same needs to be true for our faculty and staff. I also believe that we will attract and retain diverse, outstanding faculty and staff who are looking for an

Harpeth Hall's mission to harbor a diverse and accepting environment with this new policy.

Harpeth Hall's website now states that it "does not discriminate in hiring or employment practices on the basis of race, color, religion, gender, age, national or ethnic origin, sexual orientation, disability or any other characteristic protected under applicable state and federal law."

"We can talk about difference, diversity, and inclusion in theoretical ways, but real education happens when we live it, Ms. Lemon said.

"We took a step toward that in changing this policy. If we as faculty and staff can feel safe to be our authentic selves, we in turn model this way of being for our students. That in itself is a kind of education, and arguably the most critical kind."

"I think we are an even greater institution now."

Armistead Lemon

discrimination with the recent changes to its non-discrimination policy.

The faculty and administration have been discussing the necessity of such a change for years.

"I think we are an even greater institution now," English teacher Armistead Lemon said.

We want everyone on this campus to feel safe and included. We've worked hard over the years to do this for our students,

inclusive place to work."

The 2015-16 school year has been an unprecedented year for LGBT rights, also considering the Gender-Sexuality Alliance which registered on the official club roster in August.

"It's so important to me to see that my school validates the LGBT+ community. This is a really pivotal moment for Harpeth Hall," said one student.

Such a progressive change only furthers

Google Fiber hits Nashville

BY LAURYN MCSPADDEN
Staff Writer

Sometime in 2016, Nashville will be the ninth addition to Google Fiber's growing list of participating cities.

According to its website, Google Fiber is "a different kind of internet and TV." The root of the multinational tech company's intro into the world of networks is what Digital Trends calls its "blistering fast connection" that goes up to 1,000 megabits per second.

Quite simply, this means it would take a mere three seconds to download one hundred photos, one hundred songs, or one game, and seven seconds to download a movie.

"I think people are excited about Fiber for the internet speeds, but people are also eager to drop Comcast once and for all," said history teacher Adam Wilsman.

The powerful, new network is giving internet, television, and online gaming a new platform. With over 150 channels and tens of thousands of movies and shows on demand, Fiber provides as vast a collection as Amazon Prime Instant Video.

Unlike other networks that only allow you to record a couple of shows at once and have limited DVR space, Google Fiber allows you to record up to eight shows at once and store up to five hundred hours of television. Your remote can be any Android or iOS of your choosing.

In addition, Google Fiber supplies an entire terabyte of cloud storage, allowing you to back up files from wherever you are.

From providing families in public housing with gigabyte internet access to partnering with the Non-profit Technology network to help provide organizations with sustainable digital literacy programs, Google Fiber has already begun transforming cities for the better.



GOOGLE FIBER EXCITES NASHVILLE: Google announced that it would bring gigabyte speed service to Nashville. Photo by tennessean.com



Making a Murderer
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Which male posse member are you?
Center Spread

Seniors head out on political safari

Eligible students begin the voting registration process

BY STELLA VUJIC
Staff Writer

In a few short months, the class of 2016 will graduate and head off to college. Before that happens, however, they will be heading to the polls.

At age eighteen, Americans gain their quintessential right to vote. Harpeth Hall celebrates this by holding a mass voter registration session for seventeen and eighteen-year-old students.

On January 28th this year, over 100 girls were officially registered. Now, some big questions remain: will they really vote? If so, who will be receiving those votes?

According to a recent survey of the senior class conducted by Logos, the answer to the first question is a resounding yes.

"I wish people wouldn't assume that young voters don't care or don't vote," senior Gracie Pope said. "Actually we do care."

Nearly 90% of respondents plan to exercise their rights this year. Survey results also showed that upcoming presidential elections contributed to the enthusiastic response to voting.

Faculty members agree. According to Tony Springman, Upper School history teacher, "Seniors are interested in politics in general in a way that they're not when it's not an election year... because of who's running, as much as anything else."

Among the forty-nine seniors (roughly half of the class) who responded to the



ELECTION EXCITEMENT: Juniors and Seniors register to vote in preparation for November. Photo by Marie Maxwell

survey, opinions were certainly mixed concerning the best candidate for president.

The largest share supported Democratic candidate Hillary Clinton, who received 27% of the votes. The second and third place candidates, Marco Rubio and Bernie Sanders, received 20% and 18%, respec-

tively.

As girls gear up to cast their ballots, they are looking at candidates' stances on specific issues and at their past performances on the political stage.

Secretary Clinton, the current frontrunner in the national Democratic polls, was noted by one supporter as a person who

"protects our rights (i.e. abortion and gay marriage), [and] has the most experience."

Republican Senator Rubio is garnering support with his popular policies, which earned him the label of "much less extreme" among Harpeth Hall students.

Senator Sanders was cited as a candidate who would "get rid [of] or expose some of the inherent corruption in our government."

All of these politicians have substantial backing, ranging from students in Nashville to voters across the country.

It is still uncertain about who will move on to the general election in November 2016.

However, young people will definitely be watching out for candidates with solid stances on social issues.

Mr. Springman observes that "abortion, gay rights, death penalty maybe. Those kinds of things make more sense, and [Harpeth Hall voters] can discuss them with some degree of confidence."

This will play a major role in how newly-registered voters respond to presidential campaigns.

No matter how the election unfolds, the important thing is that young voters are stepping into the ring and sharing their opinions.

Through their ballots, the voice of the class of 2016 will be heard for years to come.

Mysterious Zika outbreak causes scare

Safety regulations for those going to Dominican Republic

BY MARGARET GAW
Sports Editor

A mosquito, no bigger than a coin, innocently and lazily flies around the ceiling of a room. The people talking below do not even notice it.

The mosquito lands on the arm of a woman in the corner, and she swats it off but not after the damage has been done.

She sees the bite swell and itch, but thinks nothing of it—she has been bitten many times. However, this bug carries in it a virus that has been coined the "next Ebola" - the Zika virus.

The woman newly infected with Zika seems unharmed. It is not until a few months down the road when she holds her newborn child in her arms and thinks back to the mosquito bite. Her child is born with microcephaly, a condition that shrinks the head and deforms the brain of an infant.

Her child is among the 4,000 infants born with microcephaly this year in Brazil. Normally, about 150 cases of microcephaly are reported.

Investigators blame the Zika virus for the surge of infants with microcephaly. As a result and because no cure has been found, Zika was declared an international public health emergency by the World Health

Organization.

Zika became a public health emergency because of pregnant women contracting the disease by mosquitos and giving birth to children with microcephaly. Studies show Zika can also cause Guillain-Barre syndrome, a rare condition that causes paralysis. Many Latin American countries have advised women to avoid pregnancy until the year 2018.

However, can Zika legitimately be called the "next Ebola?" Though a horrible virus, according to the Centers for Disease Control and Prevention (CDC), only one in five people infected with Zika actually become ill by developing the Zika virus.

The common symptoms of Zika are flu-like symptoms, so nothing as fatal as Ebola.

Finally, in America, there have been 107-associated Zika virus disease cases reported, but zero locally acquired vector-borne cases reported.

Prior to 2015, Zika was found in Africa and Asia and has spread to the Americas and Australia since. Every year, Harpeth Hall and Montgomery Bell Academy students travel on a collaborative service trip to the Dominican Republic for spring break. This year is no different.

According to Dr. Jessie Adams, service director at Harpeth

Hall, "For our students, all will be issued mosquito repellent — the best known defense against mosquitoes that carry Zika and other viruses — and will be urged to keep their arms and legs covered where possible, especially around stagnant water and heavy vegetation."

Be cognizant if traveling on the Dominican Republic trip or elsewhere in Zika's reported active transmission areas and put on mosquito repellent.

High school science teacher Lisa Keen said, "Because Zika is a vector-borne illness, protecting one's self from the vector (mosquitoes) is key. I would encourage the students to bring insect repellent from the US and to apply regularly throughout the day and before bed."

"In addition, there are chemicals that can be used to treat clothing that are made to remain active even after a couple of washings. Protection is the key."

If bitten, a rash, headache, or other flu-like symptom will occur, but nothing fatal.

While the Zika virus has caused some concern regarding this trip, the students and faculty members traveling to the Dominican Republic are still planning to attend.



STUDENTS VISITING DOMINICAN REPUBLIC: Gracie Pope, Taylor Hardin, and Jordan Burkart smile with girls from the D.R. on the service spring break trip. Photo by Kathryn Southard

Catalonia Fights for Independence



WINTERIM STUDENTS MEET WITH JOURNALIST IN SPAIN: Dani Sanchez Ugart, Spanish journalist, shares his thoughts on politics in Spain and explains the details of Catalanian independence. Photo by Elizabeth Allen

BY GRACIE POPE
Editor-in-Chief

While in recent months, the United States has been occupied by the presidential primaries, Spain has been going through political changes of its own.

The region of Catalonia, in northeastern Spain, has been actively pursuing independence from that European nation.

As Harpeth Hall students traveled to Spain on the Classics trip this past Winterim, they had the opportunity to learn a bit about the Spanish government and specifically about the controversial Catalan separation movement.

During the students' last day in Madrid, Dani Sanchez Ugart, Spanish journalist, spoke to the group about politics in Spain and explained the details of the Catalan separation movement. He also spoke about his own involvement in Catalonia's movement towards succession. Ugart has personal ties to the cause, as he writes for a pro-independence newspaper.

As to why he supports Catalonia's separation movement, Sanchez explained that it is in part because Catalonia provides Spain with a great deal of wealth and is not rewarded for what it delivers. Sanchez said that if they "give ten, they get eight back."

Unlike America's states, Spain's geographical areas are comprised of multiple regions, the wealthiest of which is Catalonia. Pro-independence supporters feel that independence is crucial because, according to the BBC, Catalonia has been "subjected periodically to repressive campaigns to make it 'more Spanish.'" They feel that the Catalan culture has been compromised throughout history by the Spanish government. Catalonians were not even allowed to teach their own language until recently.

When Harpeth Hall students were introduced to the topic in Madrid, the students developed differing opinions on the subject.

Some were outraged that Catalonia seems to be dispensing much higher quantities of wealth than it is receiving, while other students feel that Spain needs Catalonia in order to stay afloat economically.

Senior Catherine Baker said, "Spain is already having a very hard time with their economy, so if Catalonia [were] to become independent, that would mean further economic devastation for the rest of Spain. I think eventually Catalonia could be their own country, but now they should stay part of Spain."

Similar to Baker's opinion, Spanish teacher and one of the Classics trip leaders, Elizabeth Allen, shares Baker's opinion that now may not be the ideal time for Catalonia to become independent, but maybe independence could be a possibility in the future.

"I'm really curious about the process...Are they going to be a territory or a country?" asked Ms. Allen. Like Baker, Ms. Allen also harbors concerns in regards to the effect that Catalonia's potential succession would have on Spain's economy, saying, "I worry for the rest of Spain for the economic impact of this because they're struggling. I'm concerned for what it will mean for other separatist movements in Spain."

However, like many others, Ms. Allen sees both sides to the story: "I'm very conflicted as a person about Catalanian independence." She adds, "I don't think the centralized portion of Spain has sold the majority of Catalonians on why it's to their benefit to remain a part of Spain."

It is safe to say that the issue of Catalanian independence will not be going away any time soon.

Women in ISIS

How social media plays a role in women recruitment for ISIS

BY MARIAMA DODD
Staff Writer

In 2015, over 100 Americans attempted the journey to Syria, the war torn country in the Middle East and the headquarters of ISIS, the infamous terrorist group.

ISIS, or the Islamic State of Iraq and Syria, is a terrorist group whose roots can be traced directly to Al-Qaeda.

Last year, the two groups split because ISIS was too violent. They now compete for recruitment, a competition ISIS seems to be winning...at least in the US.

According to ABC News, ISIS has recruited over 1000 westerners to join their cause, using social media as the way to engage teenagers.

But which social media tools is ISIS using? What social media tactics is ISIS using to get to these teenagers and young people? What are they saying to young people that makes them drop their lives, fly into a war, and participate, knowing fully well that there is a huge risk of losing their lives?

ISIS recruiters use all the social media westerners love such as, Twitter, Tumblr and Kik are favorites.

According to an article on Citizens for Global Solutions, "Online, it is easy to remain anonymous and to keep recruitment a secret process. Identities are easily masked, and information is easily transmitted." Using online propaganda such as videos and pictures, ISIS recruiters convert teenagers into terrorists by brainwashing them.

Money also helps. ISIS pays up to 10,000 dollars for people to support them, a number that varies according to the person. For instance, if the supporter is well-educated with a medical degree, then he will be paid more.

Using a handbook in order to get close to people, ISIS recruiters use isolation to make people convert.

And with teenagers constantly feeling

emotionally unstable, ISIS recruiters exploit these emotions, knowing that teenagers feel like they do not fit in and, in the spirit of adventure, turn online to feel more connected.

How does ISIS recruitment affect well-educated Harpeth Hall girls? According to an article in *Time Magazine*, "women are drawn — or recruited — into vital support roles through effective social-media campaigns."

Before ISIS took control of Syria, the terrorist group did not want women, but soon that changed. Exceptions were made as ISIS called for women doctors. The group needed women police to enforce local women to adhere to their laws and codes of dress. Women are needed to check local women at checkpoints for arms of the opposition.

However, the most important thing women are wanted for is to have children. ISIS needs women to marry and bear the children of Jihadists group members. According to a CNN article on ISIS's treatment of women, girls are taken, forced to convert if they haven't already, forced into marriage, and then systematically raped.

Women are also recruiters for ISIS. They go online and make a false reality for other women to join the terrible cause, talking about supporting their Jihadist husbands and being excited to have their children. They post pictures of themselves in Syria, tweet what to pack and how to not get detected on the way to Syria.

All for those women who are indeed considering the crossing. Once women arrive in Syria, according to an article in *New York Magazine*, "they do not have much to do except be wives and mothers, recruit other women online, and sometimes, if there are not enough men...become suicide bombers in the front lines."



ISIS RECRUITS YOUNG WOMEN : Women around the world are targeted everyday through social media. Photo by breibart.com

Cheerleading Injustices

BY ALLY NAWROCKI

Staff Writer

Coming in to MBA cheerleading tryouts as a lanky, awkward freshman, I had absolutely no idea what to expect.

It was the first time I had ever stepped onto MBA's campus, and the beautiful brick buildings and boys as far as the eye could see filled my little freshman self with wonder. Four years of cheerleading later, my perspective has definitely changed, but I will never forget the afternoon that I tried out for the activity that would lead me to meet some of my closest friends.

Throughout my time at the Hall, cheerleading practices were some of the best parts of my week and a major highlight of my high school career...for the most part. However, if one listens closely to a group of cheerleaders before a pep rally or on a day where they have to make signs for their designated player, one begins to hear the frustration that goes along with these experiences.

Frustration may be because they received a text from their player telling them the signs and candy that they had so graciously left in their locker were less than satisfactory. Nervousness that the boys would not participate in their cheers during a pep rally, maybe even decide that they were class-act co-



THE SQUAD: MBA cheerleaders featuring Wynne Briggs, Ally Nawrocki, Katie Nicholson, Caroline Buffkin and Caroline Davis Photo courtesy of Ally Nawrocki

medians and chant MBA incorrectly as the cheerleaders held up their signs. Frustrations that they should not have

to be feeling, things that they didn't sign up for but that they still have to deal with.

This is not to say that every MBA student who interacts with a cheerleader is rude and unappreciative. Nice texts and signs of gratitude from these boys can be seen on multiple occasions.

When I asked a senior football cheerleader about the relationship between the football players and the cheerleaders, she said, "The cheerleaders and the football players just don't really collaborate anymore together. It seems like the cheerleaders just kind of do their own thing while the football players do theirs. We don't really interact anymore."

Because of this, when the cheerleaders give the football players posters and baskets, they just kind of accept them with an absence of sincere gratitude.

Yes, it is true that we do not go to MBA, so there is inherent separation in that respect. However, there is still a lot that we can do to ensure that we treat each other with respect and empathy.

It all comes down to attitudes: our attitudes towards each other, our attitudes towards a school and our attitudes towards people who are different from us.

It is not always easy to change the way someone thinks, however as Winston Churchill once said, "Attitude is a little thing that makes a big difference."

The struggles of the parking draw

BY CARRIE HAYNES

Staff Writer



SHOWCAR SPOTS: Seniors cop the best spots Photo by Adam Wilsman

At the beginning of each semester, Harpeth Hall drivers anxiously await the draw to see where they will park for the remainder of the school year.

Students pray to receive a "good" spot, a spot in vicinity to their various activities on campus. Sounds of exasperation and joy vibrate through the crowd as parking spots are determined.

In 2014, the parking lot war became even deadlier as a rumor of a new weapon emerged: the formidable gravel lot. Each year, victims of the gravel lot increase as the Upper School student body grows. Thankfully, not everyone is prey to the pains of the gravel lot.

While some dramatized the lot, others were more positive. Audrey Overholt, sophomore, says that the "walk isn't bad," but she just wishes that "it was more accessible and paved."

Perhaps if the lot was paved like the real parking lot, fewer complaints would ensue. In its current state, the gravel lot appears like a makeshift solution to overcrowding. It seems as if Harpeth Hall ran out of room in their normal

lot and decided to place a group of girls in a new "lot." Additionally, the walk from the Upper school or Morrison to the gravel lot can be frightening at night.

Thankfully, juniors and seniors know little of the woes of the gravel lot. But for some upperclassmen, sophomores with better parking spots than them create other problems. Many juniors have parking spots by the Athletic and Wellness center, while some lucky sophomores were also given center lot spots. While the extra seventy five yards or so may seem petty, it can add substantial walking distance each morning.

Just as the lot closest to the upper school is saved for only seniors, the center lot should be maintained for only juniors. As Mary Kate Roach, junior, says "It's a bit of a far walk and it's bothersome to see sophomores parking closer than me. But I guess it's just the luck of the parking draw."

A hidden jewel in parking is obscured behind the lunch room. Many forget about the lucky few who conveniently park so close to the Upper School. Another jewel is found in the Sunny Brook parking. With easy access to Patton and plenty of trees, Sunnybrook offers a short walk to the upper school. But for students leaving directly after school, Sunnybrook's only exit leads into the Middle School pick up line, creating long waits for students. However, many teachers have agreed to exchange spots in this lot so more students have access to the center lot without having to wait in the Middle School line.

While parking pains can be petty, students continue with real complaints with the issue. If the administration limits certain areas to certain grades and begins constructing the gravel lot as a real parking lot, students' complaints on parking will decrease. In the end, a student's fate in parking is solely determined by luck, and it is probably time this system be questioned.

Carts roll over to the gallery

BY MILLIE KIRKLAND

Staff Writer

Along with changes to the senior speeches, the lunch carts have also experienced a change this year.

The first changes were implemented toward the beginning of the year when the cart was opened to freshmen and sophomores for the first time. Initially, the freshmen and sophomore carts were located outside the basement of Souby, and the juniors' and seniors' was located on the senior patio. They have now both been moved to the gallery for the winter months.

In response to this movement, a number of students and faculty were asked about their thoughts on the change and on the carts in general. Lisa Hall, Assistant Director of Admission, said that "the ladies in Souby love the convenience of the cart, especially on busy work days, to be able to just grab lunch and bring it back." She also said that they did enjoy when the cart was located on the senior patio especially because of how close it is to Souby. Mrs. Hall also said that she individually "enjoyed going to the cart when she got sick of lunchroom food because there's always something for everyone." A similar response was seen from many students.

When I asked students from different grades about their thoughts on the cart, almost all were positive regardless of whether or not they ate at the cart. Bonner Kirkland, a freshman, said that she likes the carts because "they decrease the amount of traffic in the lunch line." This could be a positive change for many at Harpeth Hall. Students who were on campus during winterim likely recall when everyone returned from

off-campus and the line to the lunchroom was out past the staircase.

The new location of the carts has had some uncertain responses from the students such as junior Sterling Akers. She said "that having them in the gallery is nice in the winter, but I'm looking forward to having it back outside in the spring." With all this pretty weather, maybe the carts will return to their original location sooner rather than later. Lia Hayduk, a sophomore, said that the carts "being in the gallery is a little out of the way since it's just as far as the lunchroom, but I love that I can grab lunch to go."

The carts in general are most loved for their accessibility. Especially on days where I have lunch meetings, it is nice to just run to the gallery and pick up something instead of that waiting in the never-ending line in the lunchroom. Freshman Julia Ber- man shares a similar thought: "the cart always seems to have less of a line than the lunchroom." The quick and easy access to the lunch carts is greatly appreciated, to say the least.

The food itself receives mixed feelings from different people. While Bonner says, "I really enjoy that the carts have a variety of tasty options," Catherine Smith says that "whenever I go to the cart, they are always out of what I want." Often on days I go to the cart, they will be out of my first option; however, I can find compensation with their other satisfactory options. However, the cookies are always a greatly enjoyed treat!

For now at least, the carts are here to stay. As for what happens next, we will just have to wait and see.

Mental Health at HH

BY KEELY HENDRICKS
Editor-in-Chief

The first place I heard the term “mental health” was Life Balance class in seventh grade. It was also the first place I learned that depression is more than just a sad day, or that anorexia is crippling to your body. Over the years, Life Balance became a safe place for conversation, a place where “difficult topics” felt less taboo.

Now that some of those topics of which we spoke have struck closer to home, both to our Nashville community and to our personal relationships, I am so grateful that those classes equipped me with the knowledge and the tools to manage such situations.

Harpeth Hall is very conscious about how they approach mental health, both from a proactive educational and counseling standpoint. Life Balance constitutes one of the greater initiatives of the school to educate its students and prepare them for what they may face in their lives.

It's no coincidence that I learned about positive body image issues in seventh grade, suicide awareness in tenth grade, and women's health in twelfth grade. According to Dr. Rachel Cupit, Upper School counselor, the curriculum is very thought-out and intentionally “geared to the development of each student and what is appropriate to cover at that time.”

Mrs. Hill, Director of Upper School, said, “Our Life Balance classes were ahead of their time. Thirty years ago we had schools coming to Harpeth Hall to try to emulate our program.” Life Balance topics focus on those that are prevalent to young females, such as nutrition, stress management, healthy relationships, communication with parents, and sex ed. It also teaches us about more difficult topics, such as sexual assault, chemical dependency, and how to help a friend should warning signs appear.

For me, the most beneficial part of the program is that it fosters conversation and rapport with our counselors, thus giving us the confidence to ask for their counsel and assistance outside of the classroom. Dr. Cupit said,

“After taking life balance, I hope students understand that they're not supposed to have the answer to everything and that they should reach out for help if they are out of their element, and not just

to a friend.”

Apart from Life Balance, Harpeth Hall's strong emphasis on the well-being of its students is shown through various speakers and Freedom from Chemical Dependence, or FCD Day, which is intended to educate the student body on the negative effects of drugs and alcohol.

Harpeth Hall's efforts even extend beyond educating the students; the counselors speak at every grade-level parent night to address common issues and tell parents how they can help their daughters. They offer specific education opportunities for parents, such as Mrs. Adams' talk on the impact of social media.

Mental health is also a key aspect of professional development for teachers; faculty are taught suicide awareness and how to recognize warning signs.

Dr. Cupit commented that teachers are very good at letting counselors know their concerns about students, in part because “our counselors help train our faculty and regularly present topics for discussion at faculty meetings,” according to Mrs. Hill.

Additionally, a Student Balance committee has been in existence for three years, their sole mission to promote health and balance amongst students in a challenging academic environment.

Overall, Dr. Cupit said that mental health is a “topic that is discussed a lot among your faculty; everyone cares about your well-being.”

Of course, if students ever find themselves needing help, “we are fortunate to have three licensed and well trained school counselors,” says Mrs. Hill.

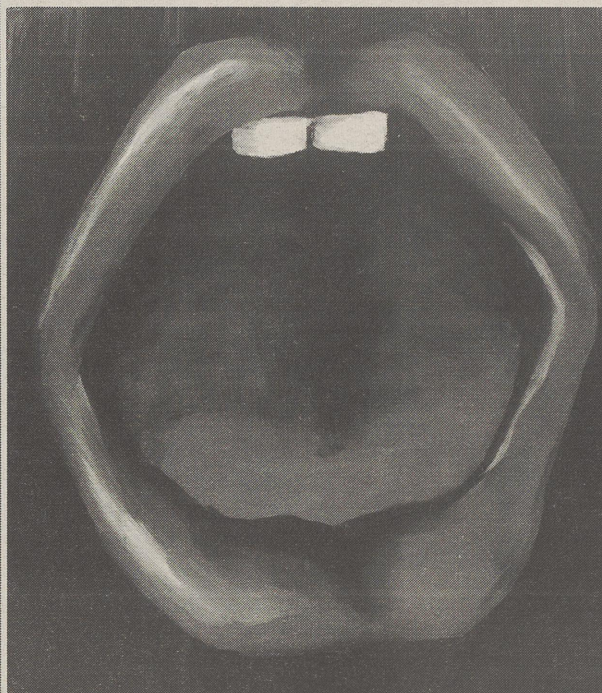
“One of the many reasons I love Harpeth Hall is our strong counseling program and the fact that the administrators and faculty seek the guidance and expertise of our counselors in so many situations.

“I believe if you check, you will find that girls schools in general tend to have stronger counseling programs than other schools. That is not because we have more girls with issues, it is because we know how important good mental health is and because our students, for the most part, are more open to asking for help when they need it.”

As a senior who is one quarter away from graduation, I can say that Harpeth Hall has never let me down when it comes to mental health questions, fears, or concerns. I have used the counselors for advice, who are doing a tremendous job of breaking down the stigma surrounding mental health. I am confident that we as a school are reaching a point where walking into the counselor's office or seeking outside assistance is not a black mark, but rather an inspirational step towards improving our well-being.

Mrs. Hill encapsulated my sentiments best when she said, “I feel that the students in 2016 are much better at asking for help when they need it than they were 20 years ago. Of course a stigma still exists surrounding mental health issues in some circles, but I believe we have made great progress through the years at Harpeth Hall. Of course there is always room for growth, and attitudes are not completely open...yet.”

BY ANONYMOUS



UNSPOKEN: Stigma around mental health often keeps students from speaking out. Art by Alex Scott

Eighth grade was when I started to think about Harpeth Hall's treatment of mental illness. While I recognize--and am grateful for--Harpeth Hall's attempts to educate us about these issues, in my opinion, it simply isn't enough.

Harpeth Hall's counselors, administrators, and faculty work very hard to help struggling students during their time at the school. From my perspective, however, Harpeth Hall, like most institutes of education, does not meaningfully acknowledge enough mental illnesses, and it doesn't always portray these illnesses in a light that is beneficial to struggling students.

Too often, students get the sense that mental illnesses are far-off afflictions that are to be feared rather than understood.

In American culture, there is not much of a stigma placed around people with, say, cancer. Cancer patients are not characterized as lazy, weird or different. They are just normal people afflicted with a horrendous illness, and they deserve to be treated with compassion and kindness.

For some reason, however, people tend to find deadly diseases of the mind more difficult to understand.

People with anxiety disorders need to “chill out.” People with depressive disorders need to “choose happiness.” People with eating disorders need to “get over it and

eat a sandwich.” Not to mention mental illnesses such as schizophrenia and psychosis, whose victims are people with whom society does not even endeavor to sympathize. I could go on and on about society's poor treatment of people with those afflictions.

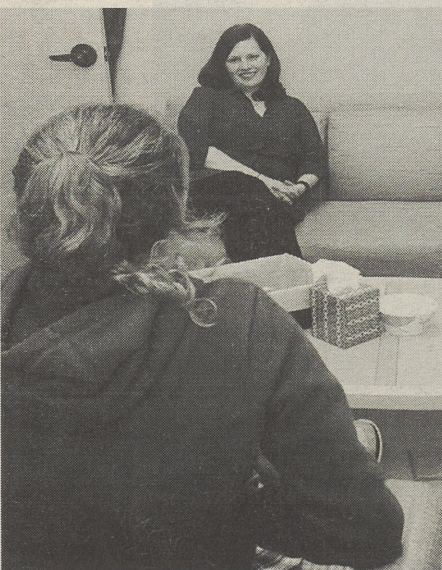
I should not have needed firsthand experience to realize that mental illness and physical illness are the same thing. Bipolar disorder is heart disease. Obsessive-Compulsive Disorder is diabetes. Post-Traumatic Stress Disorder is a broken rib.

And just like in the case of physical illness, we didn't choose our disease. We don't want the shadow falling over our world. We don't want the voices in our heads. We want to be understood, but more than that, we want to be treated like everybody else.

Harpeth Hall needs to protect mentally-ill students. The community needs to be taught how to discuss these topics. This is not something extra or superfluous. This is an urgent requirement.

Too many people in our school community do not understand mental illness and consequently, students struggling with such illnesses can feel alienated, without the kind of support that they need.

Our education should be well-rounded, and it should teach us how to function in the real world. Our education should bring love.



REACHING OUT: Counselors like Dr. Cupit are here to help. Photo courtesy of Bushra Rahman

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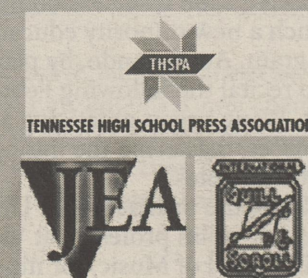
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Logos encourages Letters to the Editor. Letters should not exceed 250 words, and they must be signed by the author to be considered for publication. Logos reserves the right to edit the letters for length, grammar, and content. Letters may be submitted to Opinions Editors Augusta Bowhay and Bushra Rahman.



The Man, the Myth, the Legend: Justin Dover

BY KEELY HENDRICKS
Editor-in-Chief

Deep down in the belly of the Harpeth Hall library, tucked away in the back room of the Bear Cave, sits our very own Wizard of Oz. Many of you may know Justin Dover as the man who sees all and knows all; he is, after all, the man on campus with access to all of our computer histories and emails. However, few of us really know what this man is like behind his four computer monitors; how much does he really know about us, and what does he do when he's not protecting us from the proverbial Internet "bad guys"? Turns out, he is not as mysterious and immortal as the legends may proclaim, but he does have a great sense of humor and a soft spot for his two little boys.

What do you do here at Harpeth Hall? What is your job?

I oversee and manage the technology in general. My focus is more on the more advanced stuff: the wireless, the security, the network, those things that we all use every day but it's not something that's really in front of us... those invisible things. But all in all, I help with the overall technology of the entire campus, from the basic stuff to what software's on laptops, what laptops we're going to use next year, things like that.

How did you get into the Information Technology world?

Well, my dad was in IT, and when I was ten or twelve, I used to go to job sites with him... He got me my first interview when I was sixteen, and he gave me my first job opportunity, doing technology stuff... and I've been doing it since. Anything you enjoy, you're going to naturally be better at, or eventually get better at because you want to do it. That's part of the reason that I've been pretty successful is that I enjoy it. I'm a geek, I love this stuff. I would do it for free if I won the lottery, so that helps out for sure.

What do you do to fight the bad guys, per se?

It's hard because the bad guys get paid to be bad guys. We have a lot of technology. We spend a lot of money to protect you guys and your computers, but nothing is bulletproof, nothing is 100 percent. And if you give somebody the keys to your car, no matter what I do to prevent that from happening, if you say yes, or if you type in your password, or if you download an attachment from a bad email, we can only do so much. If there's anything fishy, back up and ask a question. Email us, ask a teacher. Ask somebody.

In terms of a servers, all those things are monitored 24/7, and so we know if there's a hiccup. If it's a really bad hiccup, my phone will start blowing up in the middle of the night and wake me up and we'll see if we can fix it. If we do it right, most things are on cruise control.

Can you really see all of our histories and emails?

Sorta, yeah, but I promise you, we don't ever, ever do that. We don't have time

for that. It's a little creepy. If we ever have to do that, it's because of a serious discipline issue. So yes, we can do all those things that you think we can, but it never happens... We do not do discipline at all here.

We're kind of legally liable to monitor that Internet or track that Internet. So if you ever did something you weren't supposed to do, or if something bad happened to you while you're at Harpeth Hall and you're using our Internet, then Mr. Lawyer would come in and say "I need records of all this stuff," and if we can't provide that, then we start looking like the bad guys. We like to give you guys as much freedom as we possibly can, and in terms of blocking websites, we don't block a lot, just the really bad stuff.

What is something that students don't know about you?

I got hired here when I just turned twenty-one, so I've been here for fifteen years. My wife and I have been dating since seventh grade, so I got married two weeks before I started here... I actually dated her best friend first just to make sure she knew her place, but it's been me and her since seventh grade. I used to never cry until I had kids, and now my kids can make me bawl like a baby sometimes, which I'm not very proud to admit.

I was the Prom King, with my wife, captain of the football team... I love a lot of football. I've been a Bama fan for a long, long time. I have a dog named Bama. One of the things that my wife had to pass if she wanted to marry me was become a Bama fan.

My first job was at Footlocker. I sold tennis shoes. It was terrible. I had a plaid shirt, polyester pants... it was fun.

What is your favorite part of your job?

This place is a big family, and I could go over all the things I like about my job for a while... the people here. I love almost all the people here. I don't interact with the students very often. I don't

know if they're scared of me. They used to come

when I was much younger. They used to come and sit, we'd talk and chat and joke around. But yeah, I don't talk with students much anymore, which I don't know why. I'm not too scary, I like to talk to people.

The resources that we have available are second to none. We do have the opportunity to get the best... I never believed in single-sex education at all. I thought it was a bunch of nonsense. My mind changed about that. I completely see the benefits of it. I see how much the girls get pushed here, and I think that's great.

I was not planning on staying here this long: I've been here for fifteen years. I was planning on staying for three years, fixing this place, because when I came here, this place was, technology-wise, a sinking ship. So I came here as a little project to fix it and then I was planning on moving on to bigger and better things... and I fell in love. And I'm still here.



JUSTIN DOVER IN THE BEAR CAVE: Saving computers one-by-one. Photo courtesy of Justin Dover

Kaili Wang: Sensation at the Schermerhorn

BY HANNAH HUTH
Staff Writer

On January 26, 2016, sophomore Kaili Wang stood on the grandiose stage of Schermerhorn Symphony Center for over an hour, playing the works of Beethoven, Ysaye, Barber, Gluck and Sarasate.

This was not the first time Wang had received such an honor. She says, "Performing at this benefit concert sort of came from my previous encounter with Nashville Symphony. Last year in March, I won the grand prize of the Curb Concerto Competition, which gave me the honor to perform with the Nashville Symphony in May."

Following this recital, the committee asked Kaili if she would help them launch a new minority education program, *Accelerando*, by playing a solo recital the following February. At that, Wang began practicing a variety of pieces, mastering the intonation, style and notes.

Under the instruction of Dr. Carolyn Huebl, a violin professor at Vanderbilt Blair School of Music, for nine years,

Wang has grown from an above-average elementary player to a prodigy. She even acts as a teacher and a playing partner to graduate students professionally studying the violin. When it comes to balancing such a busy lifestyle, Wang says that "the amount I practice really depends on the day of the week, how many performances I have coming up and the time of year."

In the summer, Wang practices up to six hours a day, while on a school day she practices an hour per day in order to maintain a balance between her dedication to her many activities and school.

Wang has performed for thousands, played hundreds of pieces, and encountered many opportunities; however, the violinist says, "this was one of the most special performances I've given, because I've been spending months and months preparing this repertoire, performing the program at all sorts of places and other solo recitals, and this was almost like a grand finale and a bittersweet last performance of the pieces." She also notes that playing at

the Schermerhorn was particularly enjoyable because of their superior acoustics.

The process of playing for an hour without an intermission was the only thing that shook Wang's nerves; however, once she completed her first pieces, her nerves quieted.

For Wang, the most important aspect of playing the violin is finding the balance point between her passion for music and technical work.



WANG AT THE SCHERMERHORN: Kaili poses with her violin after a performance at the Schermerhorn Symphony Center. Photo by Kaili Wang

Next generation of Barbies upon us

BY TAYLOR COBB
Staff Writer

It is undeniable—one of the biggest staples of the 21st century is political correctness.

This year, a familiar company has emerged to take on the demands of our future generation. Mattel's Barbie has adopted a new way of selling their products: diversity. With seven different skin tones and four new body types, Barbie has created a collection more representative of its customer base. Now, as these dolls enter the shelves of Walmart, Target and more, these new Barbies have drawn a lot of attention.

In the Harpeth Hall community, girls were presented with two questions: "Do you support Mattel's new Barbie dolls?" and "As a child, did you play with dolls?" Most girls took the same stance; approximately 93 percent of Harpeth Hall students claim that they support Mattel's new Barbie dolls. For those who elaborated on their stances, many girls provided insight into the positive effects that come from such a change: "Although I think that young girls can tell the difference between a doll and reality, representation of all bodies is vital—not only with body type, but also skin

tone!" one student said. "Young girls need to see dolls that look like them."

For some white girls, having a doll that resembles them, Barbie has never been more than a simple plastic figurine; but to children of color, these dolls have become so much more. For racially diverse citizens who have grown up in prevalently white societies, ethnicity plays a larger role in day-to-day life than for those in the majority.

Based off of multiple Harpeth Hall students' answers, Barbies with colored skin made them "feel more connected." Playing with a brown-haired, brown-eyed doll was refreshing compared to the original Barbie; however, to others, Barbie has only manipulated its consumers into buying more of their products. Senior Eleanor Smith adds, "I feel like the new Barbie doll is a marketing strategy to appease the culture in America today. It seems like just a way to attract buyers."

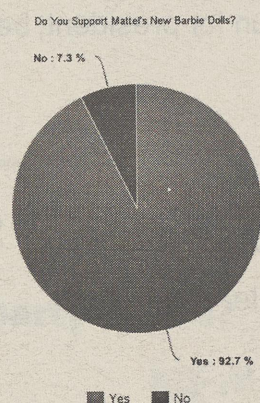
Now, a new argument has arisen: should dolls be used as toys or should they stand for something greater? If kids are taught at a young age to look at race, clothing and size, what do they consider as important qualities in their teenage

years? Of course, there has to be a balance. Despite the beautiful ignorance of childhood, kids should be aware of their surrounding environments.

Some believe that the larger issue at hand is far greater than any toy could solve. Racism cannot be resolved through plastic figurines. In other words, Barbie has ultimately made our generation contemporarily happy through the appearance of a diversified doll. There may be truth to both positions, but the only way to see the effects of Barbie is to watch the next generation grow up.



BARBIE'S NEW MAKEOVER: Mattel's new Barbie has many different looks now. Photo by POP SUGAR



HH STUDENTS' OPINION: Most of the Harpeth Hall student body supports the new Barbie doll. Graph by Taylor Cobb



CLASSIC BARBIE: The Barbie logo is a childhood staple for many children. Photo by legionfleia.com

New opportunities for creativity to thrive

BY EMILY EDWARDS
Staff Writer

At the beginning of the 2016-2017 school year, the Upper School Art Department will experience a major change in its curriculum. Instead of taking multi-year art classes with a variety of art forms, students will have the opportunity to choose from a set of semester courses that will each focus on a specific element of art. High school art teacher Ms. Noel describes the new art curriculum for the upcoming school year.

What are the new class options for next year?

The new options within the Visual Art department fall under all subject areas including photography and studio art. Even our digital arts have some changes as well. The new photography classes include Intro to Photography, which teaches the basics of darkroom photography. That course can be followed by Photography Level 2 or Alternative Processes. Then, higher level courses include Digital Photography and Photography Portfolio. On the studio side, we've eliminated Art II and Art III and have replaced them with four distinct semester offerings: Drawing, Painting, Printmaking, and Ceramics. Lastly, within digital arts, the already popular Media Arts course is now open to sophomores, junior and



CENTER OF CREATIVITY: The space that will house a new and improved art curriculum for the 2016-2017 school year. Photo by Emily Edwards

seniors. Basically as a department we are hoping these new offerings help merge these three components of our department: photo, studio, and digital arts.

How is the new curriculum different from the current curriculum?

The new courses reflect a shift away from our current yearlong style program to a semester style program. The semester style program is more similar to what colleges offer and allows students more choice and variety in their art making experience.

So, for example, instead of a student taking Art II where they would review all the art media, they can choose to take two semester classes, each specializing in a specific media. Then, instead of Art III the next year, the student could take two new semester classes or go on to a higher level in one of their previous semester classes.

What is your opinion on the new classes?

The new classes are really exciting for the whole art department. I personally am thrilled about the experience it will provide for students. The hope is these classes honor the amazing tradition of visual art here at Harpeth Hall, while providing an innovative element of choice as well.

Why do you suggest girls should sign up for these classes?

Students should consider signing up for these classes for a variety of reasons. For the art student wishing to go on to AP her senior year, she should consider her breadth portfolio and the types of media she wants for that should be reflected in her course choices.

For students who aren't sure about AP, taking two semesters of art keeps that door open. And, for students who aren't interested in AP, these classes allow her to stay in Patton, pursuing her specific passions, and continuing her art experience beyond Art I in the way she chooses. AP track or not, these classes will be innovative, welcoming and will provide a depth of experience within their respective media.

Whether students are on a journey to AP or simply want to learn about something new, it sounds like the new curriculum has something for everyone.

BearFeed

News Videos Quizzes Food DIY More



36 Thoughts You Have While Studying at 2 a.m.

"Ughhhhhhhhhhhhhhhhhhh."



This Head of School Will Give You Serious Goals

She should just run for president, because she would totally win.



This Middle to Upper School Transformation Will Shock You

Puberty is a miracle.



Mrs. Moses on the results of the American primary election



BearFeedNews: The Primary at the Hall

Issue	Votes	% of total
Abortion	38	14%
Economy	78	29%
Environment	27	10%
Gay Rights	34	12%
Gun Control	40	15%
Immigration	47	17%
Iran Deal	9	3%
Grand Total	273	100%

Candidate	# of votes	% of total
Ben Carson	17	4%
Bernie Sanders	89	22%
Donald Trump	15	4%
Hilary Clinton	124	31%
John Kasich	36	9%
Marco Rubio	99	25%
Ted Cruz	17	4%
Grand Total	397	100%

From the results of the Harpeth Hall mock primary, one can conclude that abortion is the issue that the most students are concerned about and Hillary Clinton is the most popular among students.

BearFeed Original Video



Go to Logos Now for this issue's online BearFeed content, featuring...

*150 Years of Harpeth Hall
Fashion*

For more from BearFeed, visit logos.now.org for videos, pictures and more original content.

logosnow.org





Gracie Pope, Keely Hendricks, and Claire Gould
Editors-in-chief



Which Prom Theme Are You?

Are you going to prom?

Yes



No

What is your ideal prom dress?

Fun and
sassy



Elegant and
sophisticated

Ideal prom date?

Zac Efron



Prince Harry



Afterparty theme?

Wild and crazy



Laid-back and girly



Powerpuff Prom

Much like Zefron, you're a
player on and off the field.
Ball is life.

**150th Anniversary
Prom**

Celebrate Harpeth Hall's history
with a sesquicentennial prom!
See if you can borrow a George
Washington gown.

**Safari Chicks
Prom**

Take a walk on the wild side
and bust out your cheetah
print pumps!

Bachelorette Prom

Make all of your guy friends
compete to be your prom
date.

Netflix Prom

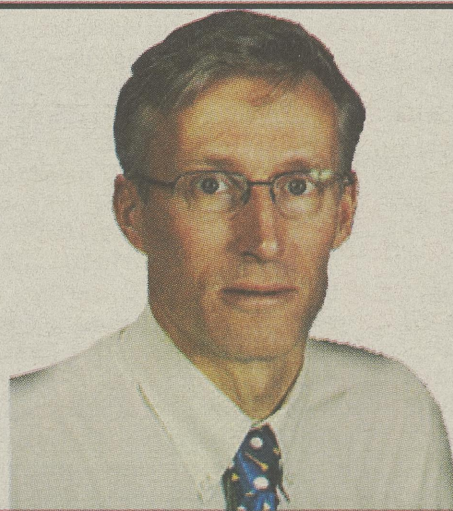
Who needs prom when you
have all 9 seasons of
Parks&Rec?

Which Male Posse Member are YOU?



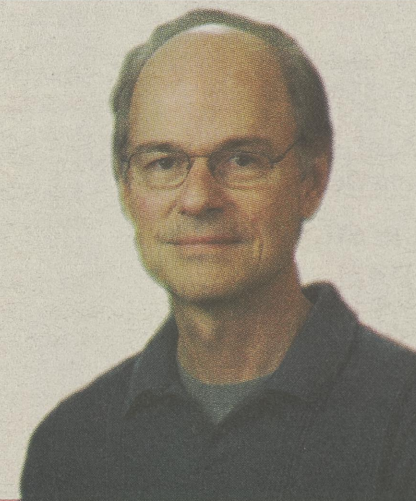
You are Mr. Croker if you...

- Are a romantic at heart
- Use "candy" interchangeably
with "good"
- Write songs with Amy Grant
during free time



You are Dr. Schott if you...

- Hold a Ph.D in blueberries
- Avidly tweet about Downton
Abbey
- Raise chinchillas



You are Mr. Goodwin if you...

- Hate prom
- Own a unitard
- Have an affinity for the
1940s

The Ten-Dollar Bill: Hamilton Musical

Hip-hop and history create buzz on Broadway

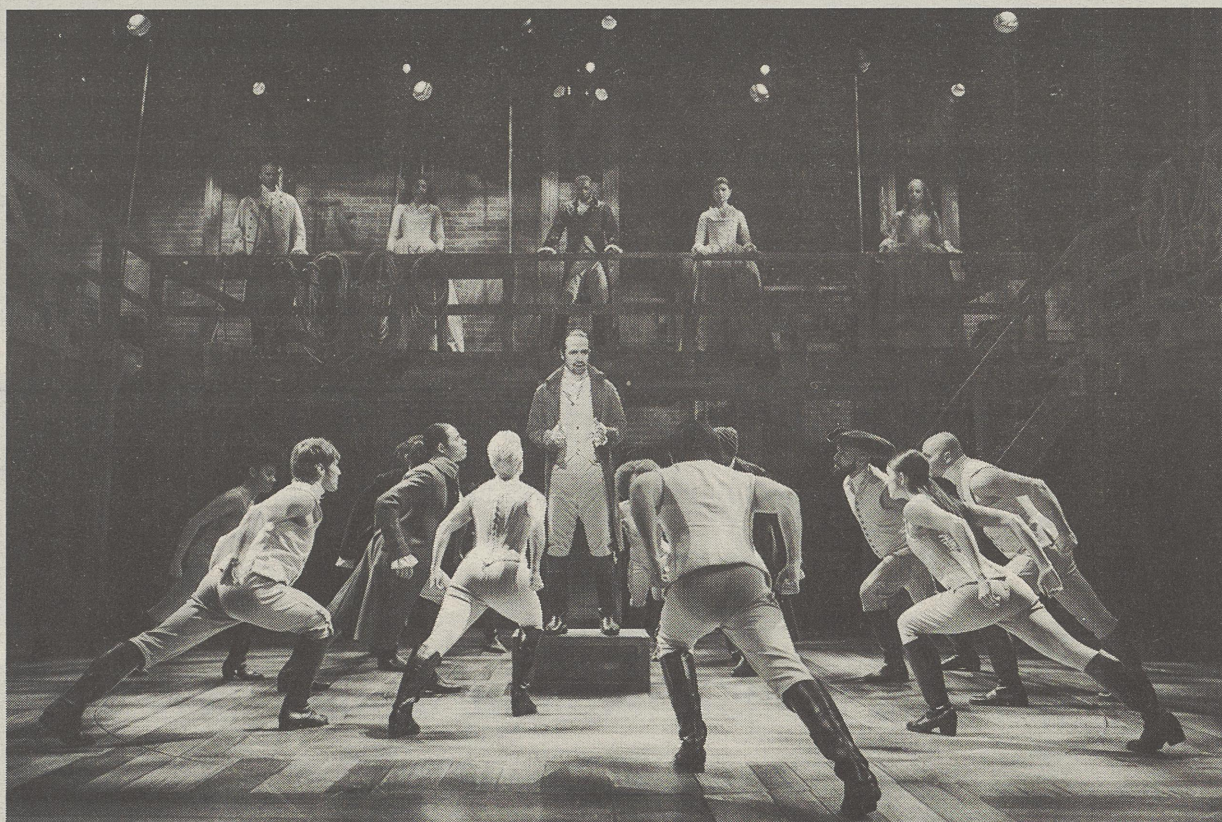
BY ASHLEY ZHU
Staff Writer

Who tells your story?
That's the final echoing line of "Hamilton," a new musical written by Lin-Manuel Miranda about the grand life of Alexander Hamilton, one of America's "founding fathers without a father."

According to "The Wall Street Journal," the musical is "the most exciting and significant musical of the past decade." Centered around the entire life story of Alexander Hamilton, the musical has a "hip-hopera" feel, with R&B-inspired music. Cabinet battles are rapped, love songs are belted, and rhymes are dropped.

While also being about the American Revolution, the show is revolutionary both in its style of music and in the cast of non-white actors in the roles of our white forefathers. Miranda also wrote the musical with the goal of having the facts be very historically accurate, so the show is not only entertainment, but also a history lesson.

The "Hamilton" rage seems to be sweeping across the campus of Harpeth Hall, from faculty members to the students. "It's a really good story," said Meg Griswold, English teacher. "It's a story that not a lot of people know



Hamilton the Musical: With elaborate sets, effusive actors, and hypnotizing beats, this musical is not one to miss Photo courtesy of www.people.com

about."

Mrs. Griswold believes Miranda has also done a great job writing the lyrics for the musical. "I just like the story of this guy who just puts it all on the line, works and has high ambition and really goes for it 100 percent and doesn't hold back" Ms. Griswold said.

Mrs. Griswold has been so inspired by the musical

that she plans on teaching a future Winterim class all about "Hamilton." Her plan for the students is to read portions of Alexander Hamilton's biography and then to listen to songs from the musical that pertain to the biography, analyzing the themes and content of the lyrics.

"I found that from an English teacher point of view, just looking at the words is fascinating," Mrs. Griswold said. "The poetry, the poetic devices, the vocabulary, the rhymes he comes with...I'm just constantly amazed by it."

Mrs. Griswold is not the only one inspired by the rhetoric of "Hamilton." Students across all grades are becoming enraptured by the music. Sophomore Molly Duke, a self-described avid fan of Hamilton, said, "Lin-Manuel is a god. All of his lines are so clever and it's just amazing."

The words have also struck a chord with sophomore Maya Misra, who said, "The lyrics are

very intelligent but also fun to sing along to." And as for the historical accuracy? Junior Kira Hinchey said, "I think Hamilton does a great job of managing to be both educational and entertaining."

If you have free time in the near future, sit down, listen to the soundtrack "Hamilton" and see what you think!

Bonnaroo 2016 Lineups

BY SOPHIE MCKENZIE
Staff Writer

Can you imagine being on a farm fifteen years ago listening to bands like Widespread Panic and Jurassic 5 rock out? You would have if you went to Bonnaroo for its inaugural year!

This year, things are a little bit different. With 85,000 attendees on 700 acres of farmland and over 100 performances, June 9-12 is no doubt an exciting time to be in Manchester, Tennessee for any music lover. The lineup is diverse: from rap to pop to indie folk, there is something for everybody at Bonnaroo.

This year some notable artists are Pearl Jam, LCD Soundsystem, Dead and Company (The Grateful Dead with John Mayer), and Steve Martin. The festival will also be hosting Death Cab for Cutie, MisterWives, CHVRCHES, Tame Impala, Oh Wonder, Macklemore, and X Ambassadors.

The Harpeth Hall community has a variety of tastes, with preferences ranging from Miguel to Third Eye Blind to Tyler the Creator. Even Murray Hannon, Junior and Bonnaroo advocate said, "I [am] most excited about seeing Dead and Co. I am a huge Grateful Dead fan, and I think it will be a great reunion concert."

However, the artist who most

people were excited for was J. Cole, with 15 percent of votes, followed by Ellie Goulding with 14 percent. Halsey and Two Door Cinema Club were tied for third with six percent of the votes.

For all of these artists, 2016 has been very action-packed so far. J. Cole dropped a new live album for his birthday on January 28. According to Adam Fleischer of MTV news, "As he turns 31 (on Jan. 28), he's got something for you: a new album."

Ellie Goulding won Best Pop Solo Performance for "Love Me Like you Do" which debuted on the Fifty Shades of Grey Soundtrack more recently on Feb. 15 at the Grammys.

As for Halsey, after the massive success of her 2015 album Badlands this past August, the electropop singer has announced a new single "Colors".

Two Door Cinema club has already promised their fans a big 2016 with "new music, new shows, new everything," according to their official Twitter page.

All of these popular artists' recent success serve as a contributing factor for their appearance on the lineup. However, there is also a wide selection of rising bands including Waxahatchee, Bully, Shamir, Fildar, Vince Staples, Purity Ring, Blood Orange and Chasmere Cat. This is not unusual for Bonnaroo to include rising artists;

every year there are these sorts of people playing. Perhaps, because of this, the Harpeth Hall student body does not know an average of 80 percent of this year's lineup.

Bonnaroo has rarely had a shortage of memorable performances. Hannon states that, "I think the two best [performances] I've seen were Charli XCX and Tom Petty in 2014." On AXS' list of Most Memorable Bonnaroo Performances include Primus Mud Bath in 2004, John Paul Jones (Led Zeppelin bassist) with Questlove (drummer for The Roots) and Ben Harper in 2007, Kanye West in 2008, The Beastie Boys in 2009, and the 90,000 person sing-along lead by Paul McCartney in 2013.

Even with this year's lineup, there are still quite a few artists who Harpeth Hall students would like to see at Bonnaroo. Caroline Christian, Harpeth Hall freshman, would like to see Odessa, while freshman Katie Stark adds Coin to the list. A few more much-wanted artists include Remmi X Lucian, Zella Day, and MO.

On the topic of the festival as a whole, Hannon says "It is a fun, summer festival for anyone who loves music. There is also great food and fun activities for people of all ages." Whether you are going to Bonnaroo or not, the lineup this year is sure to bring the many attendees a memorable summer.

2016 BONAROO LINEUP

PEARL JAM * DEAD & COMPANY * LCD SOUNDSYSTEM * J. COLE * ELLIE GOULDING * MACKLEMORE & RYAN LEWIS * TAME IMPALA * DEATH CAB FOR CUTIE * M83 * HAIM * HALSEY * WEEN * JASON ISBELL * CHVRCHES * MIGUEL * CHRIS STAPLETON * JUDD APATOW & FRIENDS THE CHAINSMOKERS * SUPERJAM * BIG GRAMS (BIG BOI + PHANTOGRAM) * BAND OF HORSESLION BRIDGES * GRACE POTTER * FATHER JOHN MISTY * ADAM DEVINE * PURITY RING * THE CLAYPOOL LENNON DELIRIUM * TWO DOOR CINEMA CLUB * SAM HUNT * FLOSS-TRADAMUS * ZEDS DEAD * ADVENTURE CLUB * TYLER THE CREATOR * BRIDGET EVERETT * GRIZ * TOUCHPANTS * LAMB OF GOD * NATHANIEL RATELIFF & THE NIGHT SWEATS * KURT VILE & THE VIOLATORS * BLOOD ORANGE * LORD HURON * RL GRIME * THE BLUEGRASS SITUATION SUPERJAM FEATURING ED HELMS AND FRIENDS * X AMBASSADORS * ST.LUCIA * PIFF THE MAGIC DRAGON * LUCIUS * VINCE STAPLES * THIRD EYE BLIND * CYMANDE * MISTERWIVES * CLUTCH * GOLDLINK * LETTUCE * CASHMERE CAT * GODDAMN COMEDY JAM * FIDLARIBEYI * KEYS N KRATES * SAM BUSH BAND * THE WOOD BROTHERS * SAINT MOTEL * DAUGHTER * THE FLOOZIES * MARIAN HILL * KAMASI WASHINGTON * BORN * POST MALONE * SHAMIRALLEN STONE * BRETT DENNEN * OH WONDER * BOY & BEAR * DUNGEN * JUDAH & THE LIONSTEVE GUNN * STEEP CANYON RANGERS * THE OH HELLOS * THE INTERNET * JOHN MORELAND AND-RA DAY * ANDERSON EAST * TWIN PEAKS * BULLY * NATALIE PRASS * CHICANO BATMAN * GIVERS * HERMITUDE * JARRYD JAMES * LIZZO * PAPADOSIO * RAYLAND BAXTER * VULFPECK * SARA WATKINS * THE KNOCKS * WAXAHATCHEE * BEACH FOSSILS * WHILK AND MISKY * HUNDRED WATERS * THE LONDON SOULS * LOLAWOLF * CIVIL TWILIGHT * ROMAN GIANARTHUR * LANY * CON BRIOFLUX CAPACITOR
... AND MORE TO BE ANNOUNCED!

Editor's pick: Bear beats for spring

BY LIZZY ASAD

Arts and Entertainment Editor



Sigur Rós
Country: Iceland

Favorite Album: Takk...

Since 1994, Icelandic pop band Sigur Rós has been topping world charts with their ethereal sound and vibrant songs. Their lead singer, Jónsi, is known for bright falsetto voice and his award winning work on the album of Dreamwork's How to Train Your Dragon. Their song *Inní Mér Syngur Vitleysingur* perfectly captures the feeling that comes with a sunny spring day.



Susanne Sundfør
Country: Norway

Favorite Album: Ten Love Songs
Norwegian singer-songwriter Susanne Sundfør climbed the charts with her haunting vocals and dynamic music. Her songs provide an emotional journey for all those who are lucky enough to listen. With its heavenly tone and soft bass line, her song *Fade Away* is considered a pop masterpiece by international critics

The Hellboys
Country: France

Favorite Album: Cha Cha with the Hellboys
The Hellboys was a French rock band famous for their garage punk sound. Complete with fuzzed guitar and howling vocals, their music (especially their song *Besoin de Rien*) is great for relieving any stress. Unfortunately, their lead singer Nikola Acin died in 2008; however, The Hellboys' tracks still remain popular in the rock venues of France.

THE HELLBOYS



Dvicio
Country: Spain

Favorite Album: Justo Ahora

Dvicio is a Spanish boy band repped by Sony Music Entertainment. Their Youtube video "Enamorate (en el Coche)" captured the hearts of millions, including those in Senora Lund's 2015 Spanish II class. Their songs are perfect for those who want to listen to a fresh take on the boy band label.



EXO

Country: South Korea
Favorite Album: XOXO

Debuting in 2012, EXO serves as one of the crown jewels of the Korean music industry. The group was originally comprised of twelve members separated into two sub-groups, EXO-K (which performed music in Korean) and EXO-M (which performed music in Mandarin). Their track *Growl* is exactly what you need in order to get through a homework-riddled night.

VANCE JOY

Country: Australia
Favorite Album: Dream Your Life Away

James Gabriel Keogh (better known as Vance Joy) is an Australian singer-songwriter who stormed the charts with his song *Riptide*. Joy's graceful vocals paired with his pulsating music offers a one of a kind experience to his listeners. His newest single *Fire and the Flood* presents a tranquil yet emotional atmosphere.

Alumnae author publishes book

BY LIZZY ASAD

Arts and Entertainment Editor

It is a well-known fact that Harpeth Hall English classes are challenging. From the arduous essays to the verbose novels, our English teachers drive us to become the best writers we can be. In fact, on March 3rd, alumna Victoria Schwab became a New York Times Best-Selling Author for her book *A Gathering of Shadows*.

During her time at Harpeth Hall, Schwab was an active student both in and out of the classroom. According to her former teacher Mr. Croker, Schwab was "funny, vivacious, intuitive and energetic. Above all, she was a very perceptive reader and writer...a real joy in both living and learning." Schwab graduated from Harpeth Hall in 2005 and Washington University in St. Louis in 2009.

Before becoming an author, Schwab worked a mélange of jobs. In the course of a few years, she worked as a bookstore attendant, a personal chef and a dog daycare attendant.

In 2011, Schwab published her first book, *The Near Witch*, through Hyperion. The book alerted both readers and publishers of Schwab's lyrical and mesmerizing writing style. Her next book, *Vicious*, came out in 2013 through Tor. *Vicious* was an immediate success and went on to become a Best Book of 2013 by both *Publisher's Weekly* and Amazon. Her *The Archive* series, which included *The Archive* (2013) and *The Unbound* (2014), was a hit within the Young Adult book community and augmented her popularity with book reviewers. Her "Shades of Magic" series, which includes *A Darker Shade of Magic* and *A Gathering of Shadows*, serves as her most popular series to date. *A Darker*



BOOK BUDDIES: Sophomore Lizzy Asad and author Victoria Schwab bond over their love of books. Photo courtesy of Gracie Pope

Shade of Magic was nominated for a Goodreads Choice Award for Best Fantasy. It placed second to reputed author Neil Gaiman's newest book. Finally, *A Gathering of Shadows* debuted number fifteen on the New York Times Bestseller List. Recently, Gerard Butler's G-BASE productions acquired rights to develop the "Shades of Magic" series as a limited television series!

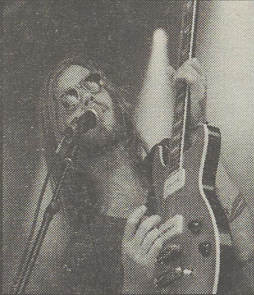
On February 23rd, Schwab hosted a special event at Parnassus Books to promote *A Gathering of Shadows*. Over sixty people were attendance, including English teacher Mrs. Croker, Upper School Librarian Kristen Bernet, seniors Gracie Pope and Kristen Barrett and sophomore Lizzy Asad. At the event, attendees were able to ask Schwab about her writing process and her life as an author. According to Pope, "Victoria Schwab was amazing. It was great to hear her talk about her writing process and the way that she makes sure to stay true to her characters." Currently, Schwab is completing a nationwide author tour and is in the process of completing the third book of the "Shades of Magic" series and a sequel to *Vicious*. Her next book, *A Savage Song*, comes out this July.

For any aspiring writers, Schwab offers this advice: "Be brave. Putting yourself and your work out there to be judged is a terrifying thing, to be sure. But this is a very hard industry, one built on critique and rejection, and in order to get through, you have to be brave. Your want of publication has to be greater than your fear of rejection. If you find yourself paralyzed by the mere notion of critique, then you do not want it badly enough. YET. You are not ready. YET. And that's okay."

Spring Madness: Local Events

BY SHAYE HENDRICKS

Arts and Entertainment Editor

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MARCH 13 Daylight Savings Begins 	14 Pi Day	15 The Piano Guys <i>Ryman Auditorium</i> Free Ice Cream Cone Day <i>Dairy Queen</i>	16 Beargate <i>AWC Parking Lot</i> Comedy Night <i>Acme Feed and Seed</i> The Life and Songs of Kris Kristofferson with Special Guests <i>Bridgestone Arena</i>	17 Traditional Irish Tasting Dinner <i>Saffire Restaurant</i> 'Film: Man with a Movie Camera, 1929' exhibit opens <i>The Frist Center for the Visual Arts</i>	18 Spring Break Begins Rihanna: Anti World Tour 2016 <i>Bridgestone Arena</i> Vance Joy: The Fire and Flood Tour <i>Ryman Auditorium</i>	19 Spring Break <i>Belle Meade Bunnies</i> <i>Phillips Toy Mart</i>
20 Last night of 'Phantom of the Opera' <i>TPAC</i> Let's Dance The Tour of 2016 feat. Silento <i>Nashville's War Memorial Auditorium</i> Music City Half Marathon <i>Nashville Riverfront</i>	21 Spring Break <i>Predators vs. Los Angeles Kings</i> <i>Bridgestone Arena</i>	 Spring Break Fun: Students travel all over the globe for a week of rest and fun. Photo courtesy of Shaye Hendricks		24 Spring Break Opry Country Classics <i>Ryman Auditorium</i>	25 Spring Break Southeastern KY Round-up Professional Rodeo <i>The Arena at Southeastern KY Agricultural and Expo Complex</i>	26 Spring Break Mozart & Ravel & Live Jennifer Higdon Recording <i>Schermerhorn Symphony Center</i> March for the Kids 5K <i>Vanderbilt Alumni Lawn</i>
27 Spring Break Easter Sunday	 The Vanderbilt Commodores Baseball. Photo courtesy of clarksvillsportsnetwork.com	29 Vanderbilt Commodores Baseball vs. Belmont Bruins <i>First Tennessee Park</i>	30 Andrew Bird <i>Ryman Auditorium</i>	 Moon Taxi Takes the Stage: Performing Live on April 1. Photo courtesy of livemusicblog.com	APRIL 1 April Fool's Day Martin Lawrence <i>Bridgestone Area</i> Moon Taxi <i>Ryman Auditorium</i>	2 I Am Second 5K, 10K, and Fun Run <i>Public Square Park</i>
3 Free Entrance at the Hall of Fame <i>Country Music Hall of Fame</i> Free BMX Racing <i>Music City BMX, Nashville</i>	4 Tennis Match vs. Brentwood High School <i>Lower Courts</i>	5 Father Daughter Dance <i>Athletic and Wellness Center</i> Nashville Predators vs. Colorado Avalanche <i>Bridgestone Arena</i> 'The Book of Mormon' tour begins <i>Tennessee Theatre</i>	6 Track and Field <i>Montgomery Bell Academy</i> Nashville Fashion Week	7 Lacrosse vs. Brentwood Girls Lacrosse Club <i>Dugan Davis Complex</i> Nashville Fashion Week	8 Rimsky-Korsakov's Scheherazade with the Nashville Symphony <i>Schermerhorn Symphony Center</i> The Joy Formidable with Everything Everything <i>Mercy Lounge</i> Nashville Fashion Week	9 Harpeth Hall Prom <i>Morrison Gym</i> Nashville Fashion Week Ends
10 'The Book of Mormon' tour ends <i>Tennessee Theatre</i>	11 General Winterim Informational Meeting for Parents of Rising 11th and 12th Graders <i>Library Board Room</i>	12 All for the Hall 2016 (performances by Keith Urban, Florida Georgia Line, Maddie & Tae, and more...) <i>Bridgestone Arena</i> Elle King <i>The Cannery Ballroom</i> Tori Kelly <i>Ryman Auditorium</i>	 All for the Hall: Vince Gill and Keith Urban will perform with many notorious country singers. Photo courtesy of radio.com	14 Softball vs. Ensworth High School <i>Ensworth High School</i> Nashville Film Festival begins	15 Patty Chadwell Invite <i>Lower Tennis Courts</i> Mumford & Sons <i>Bridgestone Arena</i> Rites of Spring <i>Vanderbilt University Alumni Lawn</i> Bryan Adams: Get Up <i>Ascend Amphitheater</i>	16 Rites of Spring (performances by Kat Dahlia, Future, and more...) <i>Vanderbilt University Alumni Lawn</i> Purity Dairy Dash <i>MetroCenter</i> Chris Botti with the Nashville Symphony <i>Schermerhorn Symphony Center</i>

Making a Murderer Is Steven Avery guilty?

NETFLIX

BY ELEONOR WRIGHT
News Editor

"Making a Murderer" is a documentary on Netflix featuring a man named Steven Avery and his family. The documentary was directed by Laura Ricciardi and Moira Demos, and it captures the lives of the Averys and others involved in a scandal. The documentary takes place in Manitowoc County, Wisconsin.

In 1985, Steven Avery was wrongfully convicted of sexual assault and spent 18 years in jail for

this crime that he did not commit. Because of new DNA technology, it was proven that Avery's charges of sexually assault a woman were indeed false, and he was let out of jail in 2003.

Soon after, Avery filed a civil lawsuit against Manitowoc county, the sheriff and the district attorney and asked for \$36 million. In 2005, as the lawsuit was pending, Steven Avery was arrested for the murder of Teresa Halbach.

The court ruled Avery innocent the first time, but

now some are not so sure.

The day she went missing, Halbach was scheduled to meet with Avery at his family salvage yard to take a picture of a car for sale for autotrader. The police immediately went to Avery because he was the last person to see her alive.

However, throughout the process of uncovering the truth, it seems as if the town wanted Avery to be her killer.

There is plenty of evidence that points to Avery as the killer, but at the same time, the way the evidence

showed up or was acquired is suspicious. Sophomore Emily Vandewater says, "I think the Avery family is being targeted by a group of people within the town they live in."

"Making a Murderer" is a controversial show, and many people advocate for both sides of the argument. The Avery case has recently been brought under appeal, and regardless of whether or not he committed the crime, the show asks an important question: do prison and despair really make murderers?

MARVELous

BY KRISTEN BARRETT
Staff Writer

As a superhero fanatic, I have thoroughly enjoyed the recent surfeit of Marvel cinema blockbusters. I simply cannot resist the alluring cast of characters ranging from the patriotic Captain America to the heartwarming Groot.

This February, I decided to see Marvel's latest film, "Deadpool," starring Ryan Reynolds as the title superhero. You may remember Reynolds' portrayal of the DC hero Green Lantern in 2011, a definite low point in his acting career.

Unlike his former hero, Deadpool is the antithesis of the conventional superhero. A former Special Forces agent, Wade Wilson is a mercenary who eventually settles down once he meets Vanessa Carlyle. All is well until he falls ill with terminal cancer. Forlorn and desperate, he goes to a questionable clinic that cures his cancer by activating his mutant genes (think X-Men here). The torturous treatment gives Wade regeneration abilities, but it also horribly disfigures him, leading him to don a mask and become the Deadpool. As he tries to hunt down the man who forced him through the torturous treatment, Deadpool entertains the audience with his childish, silly, and murderous antics.

Make no mistake: this film is rated R for a good reason. Marvel has been gearing more of its films and shows towards mature audiences to widen their appeal. The obtrusive lewdness of "Deadpool" is impossible to miss (I tallied about eighty uses of profanity), so please do not take your younger siblings.

Truth be told, I was not expecting what I saw. I won't discredit the movie's quality—the soundtrack rivals that of Guardians of the Galaxy, but I will say that this flick is not for everyone. If you like anti-heroes, crass humor and breaking the fourth wall, then this is the perfect film for you. If you're more like me and prefer your heroes in tights and capes, I'd take a pass on this one.



COMING IN HOT: Deadpool Movie has raging reviews. Photo Courtesy of www.ign.com

The X-Files: Awful Aliens Invade

BY CLAIRE GOULD
Editor-in-Chief

ing a beloved pet. What was once a cherished part of your life is now saggy, gimmicky, and leaves you with a remorseful and vaguely disgusted feeling that you should have just let it die.

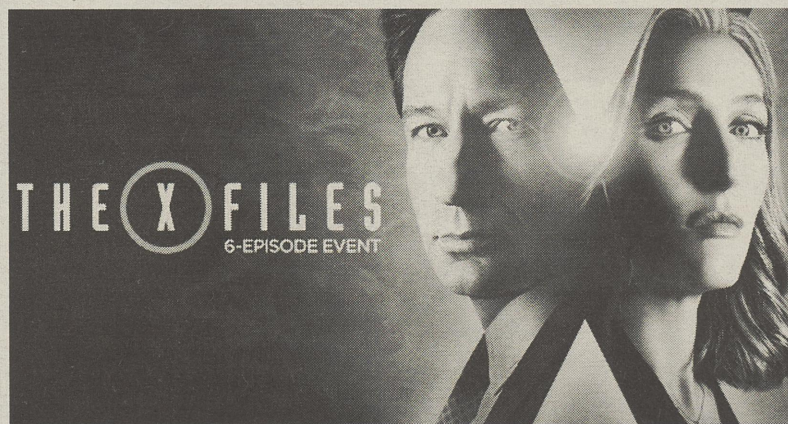
"The X-Files" is a cult classic. It aired from 1993 to 2002 and spanned nine seasons, making it one of the longest-running science fiction shows in television history. The show's co-stars Dana Scully (Gillian Anderson) and Fox Mulder (David Duchovny), two FBI agents who investigate X-files, or unsolved cases concerning paranormal phenomena. Mulder is a staunch believer in aliens and the paranormal, while Scully is more reluctant to believe in anything outside the realm of scientific proof.

The pair regularly get into shenanigans, to say the least: the weirder plots include a Chervil-loving Frankenstein terrorizing a rural town in Indiana, a terrible boss whose workers are unable to see that he is actually a giant bug (think Kafka), and an episode written by Stephen King about a demonic doll. There was even a "Simpsons"/"The X-Files" crossover in which the agents investigated Homer Simpson's encounter with an alien. Such is

The reboot of "The X-Files" is the cinematic equivalent of taxidermy.

the eccentrically lovable cultural touchstone that is "The X-Files."

The reboot premiered this January—a six-episode



REBOOT RAGE: X-Files reboot faces critics photo courtesy of wordpress.com

spectacle. The first episode aired right after the Superbowl, and it drew an impressive 13.5 million viewers.

However, its delivery did not live up to the hype. Reboots and sequels are usually notoriously worse than their originals (see also: "Mean Girls 2," "Godzilla" (2014) and "Legally Blonde 2: Red,

White, and Blonde"), and it seems that the reboot of "The X-Files" has joined the ranks of media that should have quit while they were ahead.

Quite simply, "The X-Files" tried too hard. Conversation between characters was slowed down by attempts at being vague and mysterious—essentially, an inability to just get to the point. The bland dialog was inundated with old catchphrases and scientific mumbo jumbo. Sure, science fiction shouldn't make sense—hence, fiction—but the infuriating "scientific" answer to everything was essentially basic biology delivered as groundbreaking evidence.

When the characters were not rambling vaguely about alien genetics, they were having three-minute-long fistfights or showing off their fancy new special effects. The latter ensured that the reboot was uncomfortably graphic. The budget most likely underpaid the writers in order to fund the sets' copious amounts of fake blood and organs.

Although the reboot was ultimately disappointing, the original show is definitely worth a binge-watch. All nine seasons (202 episodes) are available on Netflix. Find some time over Spring Break to enjoy the X-Files glory days in a shameless marathon. Who needs the beach anyways?

Third time's the charm: Bearacudas swim their way to the state title

BY MADDIE WARREN
Staff Writer

On February 12 and 13 of 2016, the Bearacudas defended their state championship title for the third time in a row.

At the Sportsplex, Ella Nelson, Ophelia Pilkinton, Julia Yakushi, Leslie Stark, Kate Capizzi, Elizabeth, Corinne Brien, Sarah Kunkle, Kate Mabry, Julia Jane Eskew, Zsozso Beigl, Emily Jenkins, Bailey Flynn, and Hannah Hayes competed in the meet, alongside many supportive fans, students and faculty.

The girls worked hard to achieve this great accomplishment with months of intense practicing. On the first day, Friday the 12th, the Bearacudas tied with St. Mary's Episcopal School, which was said to be the most challenging opponent. Ophelia Pilkinton said, "Going into the meet, the toughest competition seemed to be Hardin Valley Academy. Once we were one day into the meet we realized that the team to beat was St. Mary's from Memphis."

However, Coach Linden said, "The hardest team was probably Baylor because you never know what to expect with them. They can always have new students who are very good that come into any grade instead of just eighth grade."

Then, on the second day, the Bearacudas won with over 100 points more than the second place team. Freshman Ella Nelson placed second in the girls 500 yard freestyle with a time of 4:50.04. In the girls' 200 yard freestyle relay, Jenkins, Pilkinton, Nelson, and Eskew placed first with a time of 1:36.43. With a time of 3:28.46, Nelson, Mabry, Pilkinton, and Eskew placed first in the girls 400 yard relay.

Of course, the swimmers could not have achieved such a great accomplishment without the help of their proud coach, Coach Linden. When asked how she felt about having their third state title, she said, "It feels awesome. I am very happy for the team." Julia Yakushi, swimmer of the 100 yard breaststroke, 200 yard IM, 200 yard freestyle relay, and 200 yard IM relay, talked about how proud she was of the team: "It's the first state championship for me and I am so proud of the team for all the amazing races! I am looking forward to another successful season and I can't wait to be with the team again!"

The fans were also an extremely important part of the



SENIOR SWIMMERS: Dr. Echerd watches as Kate Capizzi, Claire Temple, Leslie Stark, Georgia Slattery and Bailey Flynn lead cheers during the state swim meet. Photo Courtesy of Harpeth Hall

meet. With all the buzz and excitement in the room, student Logan Moore said, "The atmosphere was very crazy and crowded. The Sportsplex was insanely hot from all of the cheering and sweating from all of the competitors. But, it was very fun and exciting." The Bearacudas were very excited to have so many fans cheering them on.

Yakushi said, "Because I am only a freshman, this is my first state championship. It is amazing to see the excitement and enthusiasm in each of the girls as we prepared and competed in the meet. The atmosphere of the girls around you really make the experience special." Even

though this season just ended, the next season is right around the corner.

Along with Julia Yakushi, Ophelia Pilkinton stated, "I think next season should be even better than this one. We just need to take the momentum we have from this year and carry it over onto the years to come!"

Coach Linden also said that she was very excited to work with the girls next year. She thinks they could reach another state title. She said, "We will no doubt have a very strong team with the girls we have now and the girls com-

Start of Spring Sports

BY KELSEY KAY HERRING AND MARGARET GAW
Sports Editors

April 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Highland Games at FRA	2
3	4 Tennis Match at Home	5	6	7 Softball Game at BA	8	9 Doug Hall Relays at MBA
10	11	12 Tennis Match at Home	13	14 Softball Game at Ensworth	15	16
17	18	19	20 Dual Meet at MBA	21	22 Lacrosse Game at GPS	23
24	25	26 Lacrosse Game at Playing Fields	27 Tennis Match at Ravenwood	28	29	30

APRIL SCHEDULE FOR SPRING SPORTS: Come support the Honeybears in these athletic events!

It is springtime in Nashville, and the Harpeth Hall campus has been bustling for months due to the beginning of spring sports. Softball, tennis, lacrosse, and track and field have started their seasons.

Players flock to their fields and courts prepared to take advantage of the nice weather.

Coach Romero cheers on the track and field girls as they run laps.

In tennis practice, Coach Baker helps her players perfect their swing.

The lacrosse team under Coach Clark refuses to quit practice, even when it rains.

Coach Groenewoud and the softball pump-up playlist are heard from across campus. Softball second baseman, Grace Anne Holladay, says, "We started scrimmaging last week, and it was the best feeling in the world to be out on the field with my softballin' bears. We have a young team this year, and it has been incredible to see the team come together to start the season. The team is already super close, and I'm excited to see where this year takes us!"

Spring has sprung, and this sports' season has begun!

Top 10 on the Tennis Playlist

BY MARGARET GAW
Sports Editor

1. "Break Your Heart" by Taio Cruz
2. "With You" by Chris Brown
3. "Take You There" by Sean Kingston
4. "Single Ladies" by Beyonce
5. "Toxic" by Britney Spears
6. "Party in the U.S.A." by Miley Cyrus
7. "Burnin' Up" by Jonas Brothers
8. "Come Back to Me" by Vanessa Hudgens
9. "He Could Be the One" by Hannah Montana
10. "So Yesterday" by Hilary Duff

1000 points later...

BY HANNAH HUTH
Staff Writer

After thirteen years of gyms, balls, teams, victories, and losses, Raleigh Potts and Shelby Nutter, graduating seniors on the Varsity Basketball Team, have proved that they are committed to the game. This spring, Shelby and Raleigh, who are friends and teammates, each scored their 1,000th career point.

Raleigh Potts referred to the honor as “a really cool validation for all the years we’ve been playing.” Shelby noted she had no idea that

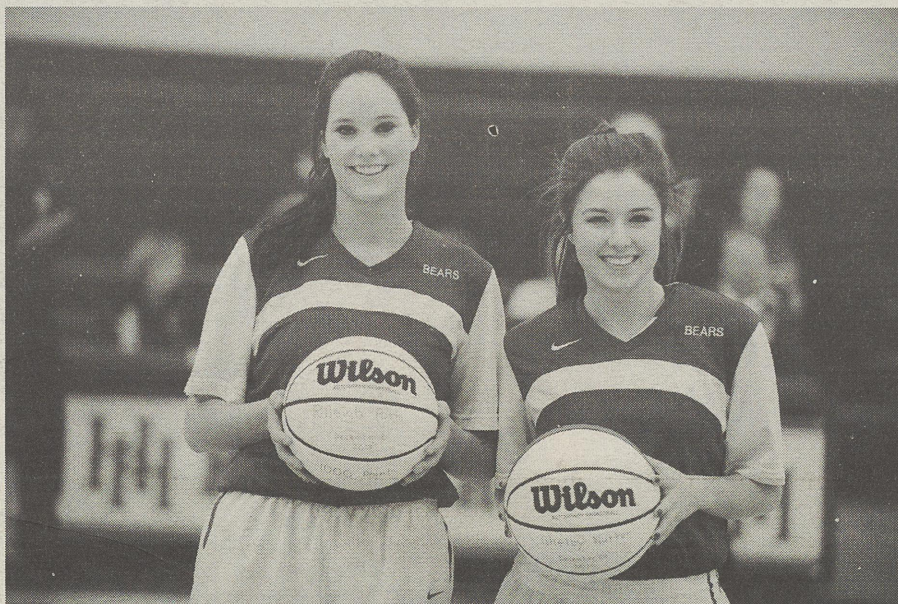
she was nearing the accomplishment. While the girls do not play for the awards or trophies, the accomplishment is certainly a highlight of both players’ careers.

From being taught to dribble by her dad in pre-school to traveling to AAU Nationals in Florida, Raleigh Potts has grown up with a basketball in her hand.

Shelby began her love for basketball in Kindergarten, growing up to not only be passionate about the sport but also the team. She always puts her team before herself.

These girls have grown from tiny kindergartners, hardly able to hold the ball, to leading ladies on the varsity team. Teammates since the 7th grade, Raleigh and Shelby became best friends on and off the court, so it is no surprise that their favorite part of playing basketball is being a part of a team and having a network of girls to lean back on.

Neither Raleigh nor Shelby will be playing basketball in college, but the memories they created both independently and together throughout their basketball careers will stay



SHOOT AND SCORE: Raleigh Potts and Shelby Nutter both shot their 1000th point this season.
Photo Courtesy of Harpeth Hall SmugMug

Tired of the gym?

BY CAROLINE DANIEL
Staff Writer

You want to get a great workout, but you hate running. Maybe you love running, but it’s twenty degrees outside. Cycling classes give you a headache, and weight lifting makes you feel weak. What can you do to beat your workout blues?

Luckily, the days of having no alternative workout options are long gone. In the Nashville of 2016, new workout facilities and personal training programs are becoming available every day. Here are a few of the many available options:

1) Barre3, 73 White Bridge Road

Barre is a type of fitness class inspired by a combination of ballet, yoga, and pilates. It takes place in a ballet-like studio and includes a motivational dose of upbeat music. During class, you’ll use a ballet barre, light weights, and a “core ball,” you’ll get a great full body workout. Most classes last an hour and cost around \$20.00. Kelsey Kay Herring participates in a Barre3 class with her sister. She says, “I learned how to strengthen and tone the muscles in my whole body in Barre3 classes. It is fun to do with friends, and you will leave the class feeling rejuvenated, powerful, and a little bit sore.”

2) HOTBOX, 125 12th Avenue South

If getting a great workout at room temperature isn’t hard enough for you, check out HOTBOX in 12 south. Its classes combine kickboxing with heat to give you a guaranteed amazing workout. Most classes last for an hour and are accompanied by loud music and energetic instructors. Sophomore Margaret Gaw went to BeatBoxFit, a workout space similar to HOTBOX. She says, “Each workout was choreographed to a song, so it made working out more fun! Though it was a difficult hour, I felt accomplished and revived after the workout.”

3) Power Yoga

Yoga is quickly on the rise as a great form of strength training, relaxation, and recovery for athletes—and it’s available on our own campus! Wind down after a stressful school day with slow music, dim lights, and deep stretching and you’ll be sure to feel rejuvenated and ready for the rest of the week. Sophomore Jennie Gaw attended one of these yoga sessions with instructor Liz Vehyl. She says, “With yoga, I find my inner happiness and capture it and set it into the stars.”

I hope you’ll try out all of these options, and find even more for yourself! If you search hard enough, Nashville has the perfect workout for everyone.



NEW WAYS TO EXERCISE: Sophomore Margot May does workouts on the ladder. Photo Courtesy of Harpeth Hall

Dodgeballing for Lwala, Kenya

BY HALLE PETRIE
Staff Writer

On February 20, Harpeth Hall hosted the fourth annual Lwala Dodgeball Tournament. Along with donations from the participants and bake sale, \$5,000 was raised, benefitting many girls in Lwala, Kenya who want and need to go to school. The tournament began with twenty-seven teams, but in the end, it came down to the Senior Dodger Federer team and Freshman Underdodges!

However, the freshmen surprised many when they eventually beat the seniors and took home the coveted prize of bundt cakes. The best theme and costume winner went to the sophomore team Grandma Prom, walking into the Athletic and Wellness Center with fabulous goodwill outfits and baby-powdered hair.

The representatives who came to Harpeth Hall from Lwala left to go back to Kenya the next day, and took pictures to share with the girls getting new uniforms and, therefore, a license to go to school.



GRANDMA PROM DODGEBALLERS: From left to right, Maggie Tattersfield, McKenzie Darnell, Camille Patton and Jennie Gaw compete for the winning title. Though they did not go home with the trophy, they did win the best costume award. Photo Courtesy of Joanne Momena

With the record number of teams and funds raised, this tournament was an incredible turnout and triumph, both for the Lwala girls being helped and everyone in Nashville doing the helping!

Hannah Huth, who headed the tournament, says “This was the biggest success for the tournament yet. It was amazing to go from a volunteer all the way to the president over the course of my four years here. It has become more and more popular every year, and I am so proud of us!”

A lot of times, service is a small-scale activity, with a small number of people helping a cause that is a lot bigger than themselves. This year though, students, teachers, and sponsors of the tournament all saw that we can make a difference and have a blast while doing it.

It was so powerful coming together as a city to serve, and hopefully, next year we will see an even bigger turnout.



SPRING BREAK



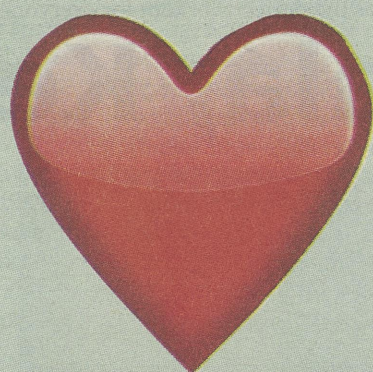
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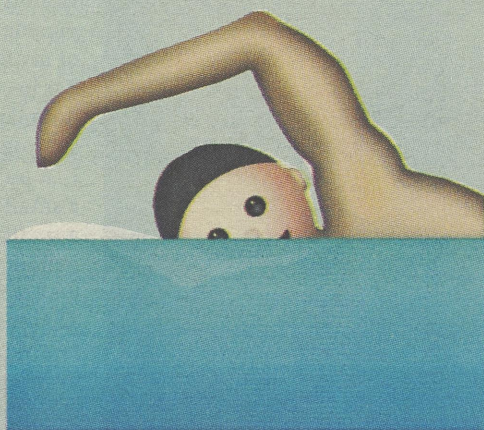
BEAUTIFUL, SUNNY WEATHER



GETTING AN EVEN TAN



FINDING A CUTE PERSON ON THE BEACH

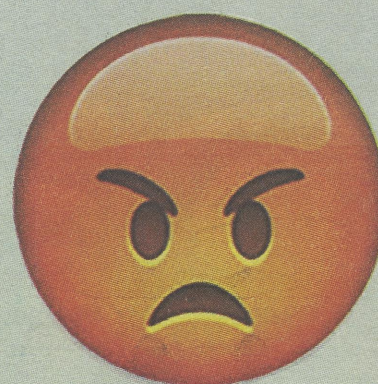


STAYING ACTIVE

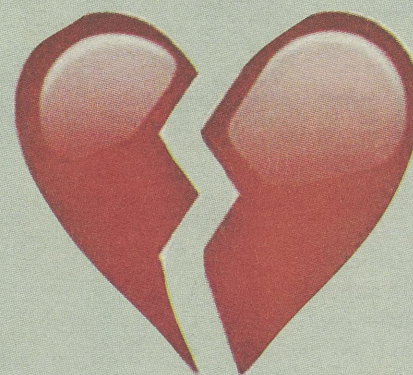
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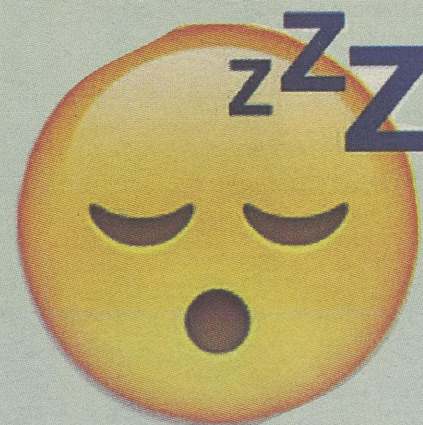
RAINY BEACH DAYS



GETTING A SUNBURN



LIVING VICARIOUSLY THROUGH
NETFLIX



SLEEPING ON THE BEACH ALL DAY

By Saffee Croker
Backpage Editor